

Mar. 12, 2019

## **FREE COMMUNITY SEMINAR: “HOW TO PREVENT OR DELAY TYPE 2 DIABETES”**



### **Contact:**

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**Eustis, FL** – The Florida Department of Health in Lake County (DOH-Lake) invites you to learn more about prediabetes and their free diabetes prevention program at a community seminar on Thursday, March 21, 2019 from 6:00 p.m. to 7:00 p.m. in the Administration Building located at 16140 US Highway 441, Eustis, FL. Seminar attendees will receive information on this serious condition and how lifestyle change can prevent, or delay type 2 diabetes. They will also have the opportunity to register in the upcoming classes being offered at the Eustis and Clermont locations.

The National Diabetes Prevention Program utilizes the Center for Disease Control (CDC) recognized “Prevent T2” curriculum. This is a 12-month lifestyle program that consists of six months of weekly one-hour core sessions followed by monthly maintenance and ongoing support sessions. A trained lifestyle coach leads the program to help change certain aspects of participant’s lifestyle, like eating healthier, reducing stress, and getting more physical activity. Participants learn about reading food labels, portion size, shopping, cooking, meal planning, how to cope with triggers and much more. The program is designed for people with a blood-based diagnosis of prediabetes who are overweight and are over the age of 18.

### **Now is the time to act if you or a loved one are in the DIABETES DANGER ZONE!**

In March 2018, DOH-Lake achieved CDC Full Recognition for their delivery of the National Diabetes Prevention Program. “It is immensely gratifying to see the science of diabetes prevention being implemented to improve the public’s health. You and your colleagues should be extremely proud of this accomplishment. It is programs like yours that are turning the tide in the fight against the epidemic of type 2 diabetes”, Ann Albright, PhD, RDN, Centers for Disease Control and Prevention, Director of Diabetes Prevention Recognition Program.

To learn more about this seminar or the DOH-Lake diabetes prevention program:

Email: [Lakendppinfo@flhealth.gov](mailto:Lakendppinfo@flhealth.gov) or Call: 352-589-6424 Option 3.

### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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